



Centennial Adventures LLC.

Costa Rica Program: Multisport

High & Low Season 2016

ITINERARY**Day 1****Arrival in San José****Crowne Plaza Corobici**

Upon arrival at San José International Airport, you will be met and greeted. You will then be transferred from the airport to the hotel in San José.

Check in at the hotel in San José
Overnight at Crowne Plaza Corobici Hotel or similar
Meals: none

Approximate transfer time 30 minutes

Crowne Plaza Corobici Hotel

It is strategically located just 15 minutes away from Juan Santamaria International Airport and conveniently 5 minutes away from downtown San Jose. Their extensive experience, great service and high quality standards assure a satisfactory stay. Spacious and comfortable rooms are equipped with top communication and entertainment technology. Guests will enjoy the unique showers designed exclusively for Crowne Plaza Brand with a hydro massage system. Tucan Restaurant serves excellent international cuisine and Fuji Restaurant serves the best traditional Japanese food in town. There is also a nice lobby bar and fitness center. For a nice jog or walk, La Sabana Metropolitan Park is just steps away, plus a variety of activities can be organized from the hotel including beautiful volcanoes and adventure tours.

**Day 2****San José – Arenal****Arenal Manoa Hotel**

Breakfast at the hotel.
Early departure for a private land transfer to Arenal with a stop en route at the Sarapiquí River for a white-water rafting adventure, class II-III. Lunch included in the tour.

Check in at the hotel in Arenal.
Overnight at Arenal Manoa or similar.
Meals: breakfast and lunch.

For parties of 6 or more guests traveling together, we have included private transportation from this point on, as well as a naturalist guide.

*The transfer time from the hotel in San José to Sarapiquí takes approximately 1.5 hours.
The transfer time from Sarapiquí to Arenal takes approximately 2 hours.*

White Water Rafting Tour



This tour begins in the community known as La Virgen de Sarapiquí, one of the most important communities of the area. This tour will take us through a beautiful part of the river filled with exciting white water rapids, beautiful ponds, and wonderful natural scenery. The complete tour (La Virgen-Chilamate) runs for about 2.5 to 3 hours and goes for a distance of 10 miles. This tour includes a delicious fruit snack.

Arenal Manoa Hotel

About 4 1/2 miles west of La Fortuna and about 1/2 mile from the main road, Arenal Manoa Hotel is a beautiful place to rest and relax while enjoying the fantastic view of Arenal Volcano. The hotel rooms have been designed so each room has a complete panoramic view of the volcano. You can walk or meditate in spacious gardens, or observe the daily operations of a typical Costa Rican farm. The pool and jacuzzi are perfectly located, so that you can enjoy the refreshing waters while catching the occasional volcanic eruptions. Children have their own pool where they can play without being far from security and the watchful eyes of their parents.



Day 3

Arenal

Arenal Manoa Hotel

Breakfast at hotel.

After breakfast you will participate in an exciting tour rappelling down the waterfalls. Lunch is included in the tour. In the afternoon, you will visit Sky Tram and Sky Trek in Arenal.

Overnight at Arenal Manoa Hotel or similar.

Meals: breakfast and lunch.

Canyoneering Tour

A representative will pick you up at the hotel and escort you on an exciting 4-wheel drive on a mountain road to a ranch house. You will be outfitted with rappelling gear and given a safety and instructional talk. After a short trek on a beautiful rainforest trail, you will rappel down a waterfall and descend into the canyon. This tour includes 5 rappels ranging in heights from 16 to 25 ft. After rapelling down the first waterfall, you will climb up the side of the canyon to a short trail. You will then zipline across the canyon and rappel down from the cable to the canyon floor. You will continue on short trails from the waterfalls through the canyon. After a short trek out of the canyon to the second ranch house, you will meet the 4x4 vehicles again. At the conclusion, you will be served a delicious and authentic lunch.



Sky Tram & Sky Trek Arenal

Sky Tram/Sky Trek Arenal offers a chance to see the rainforest from a bird's eye view by taking a relaxing 15-minute aerial tram ride through different levels of the forest to the Miguel Angel Observatory deck, where guests can enjoy spectacular views of Lake Arenal, the Tilarán mountain range, and the volcano (weather permitting). From the observation deck, guests can descend the hill on a two-hour adrenaline filled zipline tour along 3,200 ft of cables or return in comfort via the aerial tram. More intrepid travelers can also hike down by foot trails (moderate/strenuous). At the bottom of the hill, there is a restaurant and a large observation deck for bird watchers and nature lovers.



Day 4**Arenal – Rincón de la Vieja****Hacienda Guachipelín**

After breakfast, a private land transfer will take you from Arenal to Rincón de la Vieja (Guanacaste). Check in at Hacienda Guachipelín Hotel. The rest of the afternoon is free to enjoy the hotel facilities.

Overnight at Hacienda Guachipelín Hotel or similar.

Meals: breakfast.

The guide and motor coach will be at the passengers' service. During the transfer to Rincon de la Vieja area, a stop will be included at Liberia city, where the group can have lunch and discover part of the history of ancient inhabitants of the area.

The transfer time from Arenal to Rincón de la Vieja takes approximately 4 hours.

Hacienda Guachipelín Hotel

Hacienda Guachipelín is an active traveler's haven, with a 3953 acre property featuring natural springs, volcanic mud pots, and two waterfalls, bordering the Las Pailas section of Rincón de la Vieja National Park. This working cattle ranch offers rustic lodging, home-style Costa-Rican cooking, and a glimpse at local Sabanero cowboy culture, as well as exquisite views of the Guanacaste lowlands and volcanic peaks. Off the property, the lodge also has a series of small riverfront pools that capture warm spring water and mud-rich mineral baths. Accommodations are comfortable but basic, since the attraction of this place is the outdoors, as well as the courteous farm hands that are always available to lead a tour of the surrounding attractions.



Day 5**Rincón de la Vieja****Hacienda Guachipelín**

Breakfast at the hotel.

After breakfast, you are scheduled on a horseback ride to the Oropendula Waterfall, followed by a visit to the Symbiosis Spa with mud treatment and hot springs included.

Rest of the day is free.

Overnight at Hacienda Guachipelin Hotel or similar.

Meals: breakfast.

In the afternoon, the guide will lead a hike in the area for those who want to bird watch or prefer to learn more about the life on a working cattle farm.

Horseback Riding to Oropendula Waterfall and Visit to Symbiosis Spa

You will start on an original Guanacaste tour from Hotel Hacienda Guachipelín, riding the calm and friendly ranch horses for 45 minutes on scenic forest trails to the waterfall canyon. You have a short walk to get down to the waterfall. The Oropéndula Waterfall spills an impressive 82 feet to a sparkling turquoise pool below. The beautiful vegetated canyon of Rio Blanco (White River) makes a picturesque tropical oasis, perfect for a refreshing swim. Afterward, you will continue on to the Rincón de la Vieja National Park main gate. You will go by foot on the Las Pailas ("The Cauldrons") Trail – a loop of about 2.5 miles, where you can enjoy the best views of the active volcano without climbing the main crater. When you finish the hike, the horses will be ready to take you to the Symbiosis Spa, located on the Hacienda Guachipelín Ranch by the Colorado River. For your optimum spa experience, you should start with a natural sauna for about 15 minutes to open all of your skin's pores, then proceed to the volcanic mud pots where you apply the pure mineral mud clay all over. Let it dry and afterward wash it off by taking a shower. Then it's time to relax in your choice of three thermal water pools for about 20 minutes. Finish off your treatment with a cold shower so that your skin's pores can close again.



Day 6**Rincón de la Vieja – Potrero Beach****Bahía del Sol**

Breakfast at the hotel.

After breakfast, you will have a private land transfer from Rincón de la Vieja (Guanacaste) to Potrero Beach (Guanacaste).

Check in at Bahia del Sol Hotel.

Day to enjoy hotel facilities.

Overnight at Bahia del Sol Hotel or similar.

Meals: breakfast.

The guide and motor coach will be at the passengers' service, in case they want to spend some time exploring the area and other beaches that are close to the hotel. Guide can also suggest nice restaurants in the area for dinner.

The transfer time from Rincón de la Vieja to Potrero Beach takes approximately 1 hour and 30 minutes.

Bahia del Sol Hotel

Bahía del Sol is a stylish hotel with a prime beachfront location on Potrero Bay, enjoying breezes off the bay and spectacular sunsets. The large swimming pool has a swim-up bar and also a children's pool. The elegant terrace restaurant overlooks the beach and the water view, and is famous for its excellent seafood and homemade bread. The hotel's design is modern and sophisticated, with intricately patterned tile floors and Costa Rica-crafted wood furniture. Amenities include restaurant, bar, large pool, children's pool, beach, concierge, laundry service, room service, Wi-Fi connections and Internet café. Rooms have two double beds, a/c, telephones, cable TV, and tiled hot-water bathrooms.

Day 7**Potrero Beach****Bahía del Sol**

Breakfast at hotel.

Meet your guide at the hotel lobby for a local-guided kayak tour in the mangroves of Tamarindo throughout the morning.

Rest of the day is at your leisure.

Overnight at Bahía del Sol Hotel or similar.

Meals: breakfast.

You will be transferred to the tour meeting place, and after the kayak tour taken back to the hotel. At this moment, the guide, driver and motor coach will return to San Jose. You are free in the afternoon to enjoy the hotel grounds and the beach.

Kayak Snorkeling Tour

As you row through the blue, smooth waters of Tamarindo beach towards the white sand Capitán Island, you will be able to enjoy the beautiful colors of the water, and observe the underwater coral reef and exotic fish. Snorkeling equipment and a bottle of water included.

Day 8**Departure back home**

You will have a private transfer from the hotel to Liberia Airport for your flight back home.

Approximate transfer time from the hotel to Liberia Airport is 1 hour and 20 minutes.

Please consider that airlines request passengers check in 3 hours prior to their departure.

Meals: breakfast

End of our services

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High Season:January 5th – April 30th 2016July 1st – August 31st 2016*Holy Week from March 20th until March 27th, 2016 is not included on this tier price.*

Occupancy	10 Participants	7 Participants	6 Participants	4 Participants	2 Participants	Comments
Triple	USD \$2380.00	USD \$2581.00	USD \$2625.00	USD \$2047.00	USD \$2450.00	Price per person
Double	USD \$2575.00	USD \$2774.00	USD \$2817.00	USD \$2240.00	USD \$2642.00	Price per person
Single	USD \$3386.00	USD \$3587.00	USD \$3631.00	USD \$3054.00	USD \$3456.00	Price per person

Low Season:

May 1st- June 30th 2016

September 1st- December 15th 2016

Holy Week from March 20th until March 27th, 2016 is not included on this tier price.

Occupancy	10 Participants	7 Participants	6 Participants	4 Participants	2 Participants	Comments
Triple	USD \$2345.00	USD \$2529.00	USD \$2572.00	USD \$2004.00	USD \$2415.00	Price per person
Double	USD \$2520.00	USD \$2704.00	USD \$2747.00	USD \$2179.00	USD \$2590.00	Price per person
Single	USD \$3281.00	USD \$3465.00	USD \$3509.00	USD \$2940.00	USD \$3351.00	Price per person

Prices for individuals (Tier prices for 2 & 4 participants):

- All ground transportation in air conditioned vehicles. **From 2 to 4 passengers** the service will be with private transfer between destinations.
- One night lodging at Crowne Plaza Corobici or similar in a standard room.
- Two nights lodging at Arenal Manoa Hotel or similar in a superior room.
- Two nights lodging at Hacienda Guachipelín Hotel or similar in superior room.
- Two nights lodging at Bahia del Sol Hotel or similar in a standard room.
- Meals: 10 (7 breakfasts, 2 lunches and 1 dinner).
- Non-private white-water rafting adventure tour, class II-III
- Non-private canyoning tour, including entrance fee and guide.
- Sky Tram and Sky Trek, including guide and transport.
- Horseback riding tour to Oropendula Waterfall.
- Entrance fee to Simbiosis Spa for mud treatment and hot springs.
- Kayak – snorkelling tour at Tamarindo beach. Transport included.
- Taxes on lodging (13%) and meals (23%).
- Meet and greet service at Juan Santamaria International Airport.
- 24/7 support service by Centennial Canoe Costa Rican partners.

Prices for groups (Tier prices for 6, 7 & 10 participants):

- All ground transportation in air conditioned vehicles. **From 6 and up** it will be in a large vehicle with a driver and a guide from day 2 to day 7.
- Driver and his expenses from day 2 to day 7.
- English-speaking naturalist guide and his/her expenses from day 2 to day 7.
- One night lodging at Crowne Plaza Corobici or similar in a standard room.
- Two nights lodging at Arenal Manoa Hotel or similar in a superior room.
- Two nights lodging at Hacienda Guachipelín Hotel or similar in superior room.
- Two nights lodging at Bahia del Sol Hotel or similar in a standard room.
- Meals: 10 (7 breakfasts, 2 lunches and 1 dinner).
- Non-private white-water rafting adventure, class II-III.
- Non-private canyoning tour, including entrance fee and guide.
- Visit to Sky Tram and Sky Trek, including guide.
- Horseback riding tour to Oropendula Waterfall.
- Entrance fee to Simbiosis Spa for mud treatment and hot springs.
- Kayak – snorkelling tour at Tamarindo beach.
- Taxes on lodging (13%) and meals (23%).
- Meet and greet service at Juan Santamaria International Airport.
- 24/7 support service by Centennial Canoe Costa Rican partners.

Not included

- Alcoholic beverages.
- Meals, tours and services not detailed in the program.
- Personal expenses of any kind.
- Telephone calls.
- Tips for porters, maids, local tour guides, boatmen, and drivers.
- Services not specified in the program.
- Airport tax: mandatory tax of USD \$ 29.00.

Notes

- *All services and prices subject to availability at the moment of booking and confirmation.*
- The services quoted include taxes: lodging (13%), meals--10% for the tip plus 13% sales tax.
- The Costa Rican international airport departure tax is \$29.00 per person, not included in price.